



CHEST WALL PAIN

DEFINITION	Not a form of breast pain, although it feels like it to the client. Costochondritis is anterior chest wall pain associated with pain and tenderness of the costochondral and costosternal regions. It is an inflammation of the cartilage that connects a rib to the sternum. Incidence: 15-20% of teenagers with chest pain.
SUBJECTIVE	May include: <ol style="list-style-type: none">1. No change with menses.2. Often unilateral, more often on the left side or in middle of chest.3. More intensity when pushes on chest or with a deep breath.4. Recent history of upper respiratory infection or increased physical activity (particularly weight lifting).5. Fear of cancer.
OBJECTIVE	Must include: <ol style="list-style-type: none">1. Clinical breast exam and palpation of surrounding structures including sternum and ribs.2. Auscultation of heart and lungs Must exclude: <ol style="list-style-type: none">1. Breast mass2. New heart murmur May include: <ol style="list-style-type: none">1. Palpation of the sternum may illicit pain.2. Involved costal cartilage may be inflamed and enlarged.
LABORATORY	N/A
ASSESSMENT	Costochondritis
PLAN	<ol style="list-style-type: none">1. For less severe pain, a trial of non-steroidal anti-inflammatory drugs (NSAIDS) or acetaminophen for 1-2 weeks and/or application of heat 3 times per day.2. Temporarily limit physical activity if condition was precipitated by increase in activity
CLIENT EDUCATION	<ol style="list-style-type: none">1. Teach/review BSE.2. Allay client's concerns regarding breast findings.3. Review recommendations for routine breast screening.4. Advise correct use of NSAIDS, if applicable.5. Recommend client RTC prn to reevaluate.



**CONSULT /
REFER TO
PHYSICIAN**

1. For intense, localized, persistent pain.
2. For suspicion of mass, in conjunction with referral to physician/surgeon may arrange for mammogram/ultrasound, or referral to physician staffed breast clinic if available.
3. For unresolved persistent pain without response to NSAIDS.
4. Patients > 35 years old, those with a history of heart disease, or any patient with cardio-pulmonary symptoms.

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References:

1. Mayoclinic.com/health/costochondritis. (Retrieved 2-3-16)
2. ncbi.nlm.nih.gov/pubmed (Retrieved 2-3-16)